

## FAQs

### ***I think I'm pregnant. Now what?***

Visit us twice as a walk-in: first to receive a requisition for blood testing and then to review your results. If confirmed positive, follow up by booking a "First Prenatal Visit."

### ***What testing needs to be done?***

Please see the timeline for all routine testing.

### ***What if I miss the dates for specific testing?***

Discuss what can be done with the physician. Sometimes testing can occur early, late, or not at all.

### ***Where do I do my testing?***

Bloodwork is completed at DynaLife Medical Labs. Ultrasounds are done at Insight Medical Imaging. See resource map.

### ***I want to see an obstetrician; can you refer me?***

Local obstetricians accept routine prenatal visits at 36 weeks. Only if there are complications during your pregnancy will an early referral be made.

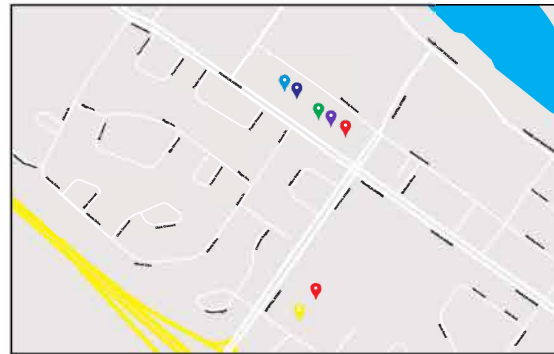
### ***What is routine follow up?***

Routine follow up is every 4 weeks up until 28 weeks; every 2 weeks up until 36 weeks; and then weekly thereafter.

### ***Can I get a copy of my results?***

Yes, after your results have been reviewed by a doctor, you can take a print out. Please inquire at reception for details.

## Resource Map



### **Community Care Clinic**

203-8706 Franklin Ave  
780-715-1314



### **Medicare Clinic**

Dr. Javed  
207-8706 Franklin Ave  
780-750-2233



### **PN Women's Health Clinic**

Dr. Okoroafor & Dr. Phiri  
607-8600 Franklin Ave  
780-713-4001



### **Hospital**

7 Hospital Street  
780-791-6161



### **Insight Medical Imaging**

404-8600 Franklin Ave  
780-791-1992



### **DynaLife Medical Labs**

7 Hospital Street  
780-791-6149  
516-8600 Franklin Ave  
780-743-0336



# WALK-IN FAMILY MEDICINE

# Prenatal Care

#203 8706 Franklin Avenue  
Fort McMurray, Alberta  
T9H 2J6

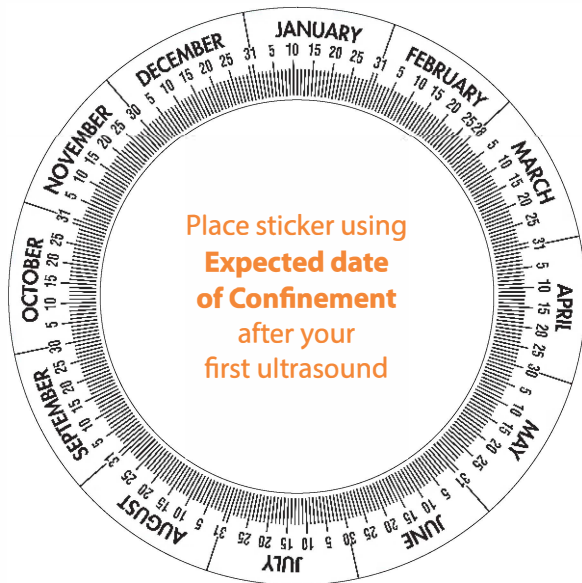
**P: 780-715-1314**

**F: 780-715-1700**

## Introduction

The Community Care Clinic exists to provide temporary family medicine services to anyone who requires it and is intended to be a shared practice. If you continue to access services here, you will eventually meet several physicians who work fly-in-fly-out on rotation. Your file, records, and results will be maintained at the clinic regardless of which physician you see ensuring that you can access both quality and timely care. If you decide that you would prefer to work with a single provider, you can request your file be transferred to another clinic at any time.

## Your Dates



## Timeline

To ensure continuity, the Community Care Clinic has developed a standardized timeline to guide your prenatal care up to 36 wks.

| Weeks        | Milestone   | Completed |
|--------------|---|-----------|
| N/A          | Serum Confirmation  |           |
| 6-8          | Dating Ultrasound   |           |
| 6-12         | Provincial Blood Work   |           |
| 6-12         | Routine Blood Work  |           |
| 11w2d-13w6d* | Nuchal Translucency Ultrasound<br>1 <sup>st</sup> Trimester Genetic Testing   |           |
| 12-16        | Urine Culture   |           |
| 15w0d-20w6d* | Quad Screen<br>(Required only if the 1 <sup>st</sup> trimester genetic testing was not completed.)<br>Alpha Fetoprotein |           |
| 18-20        | Anatomy Ultrasound  |           |
| 24-28        | Routine 2 <sup>nd</sup> Trimester Bloodwork   |           |
| 24-28        | Gestational Diabetic Screen   |           |
| 24-28        | 75 Glucose Tolerance Test<br>(Necessary if Gestational Diabetic Screen is positive)                                     |           |
| 28-32        | Rhogam Injection<br>(Only Necessary if Rh Negative Blood Type)  |           |
| 36-40        | Referral to Obstetrics and Gynecology   |           |

\*Firm dates

## Pregnancy Guidelines

Recommendations are based on *The Sensible Guide to a Healthy Pregnancy* published by the Government of Canada.

- **Maintain a healthy diet** by eating foods from a variety of sources ensuring you get all the nutrients you and your developing baby need.
- **Avoid raw foods** including raw fish, raw or undercooked meat, raw eggs, pasteurized and unpasteurized soft and semi-soft cheese, unpasteurized juice, and raw sprouts.
- Limit **caffeine** to no more than 300mg per day. Keep in mind caffeine can be found in more than just coffee.
- Take a **prenatal vitamin** with **folic acid** daily to support the development of your baby's brain, skull, and spine.
- Avoid **alcohol**. There is no safe amount or safe time to drink alcohol during pregnancy.
- **Physical activity** is generally encouraged during pregnancy. Talk to your doctor about what types of physical activity are best for you.
- Avoid **smoking** during and after pregnancy. A smoke-free environment is best for both you and your baby.
- **Emotional health** is important. Changing hormones can affect your emotions. Make sure you get enough rest and avoid stress as much as possible!